

Peaking for a 10km PB

Leicestershire Vision 2020 Athletics Network

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- Involved in athletics for over 25 years
- Former British International over 800m
- Also represented Scotland at events from 400m – Cross Country
- Coached within club environment for four years
- Based at Loughborough University for past three years



- You've previously looked at planning and the importance of the annual plan with John
- Today going to look at planning for a specific goal
- "You're never more than 6 weeks from a pb"



Why Plan - revisited

- Set Goals / Targets
- Gives a structure
- Measurable
- **BRINGS RESULTS!**
- Gives a birds eye view
- Helps plan sessions
- Helps plan after injury or illness

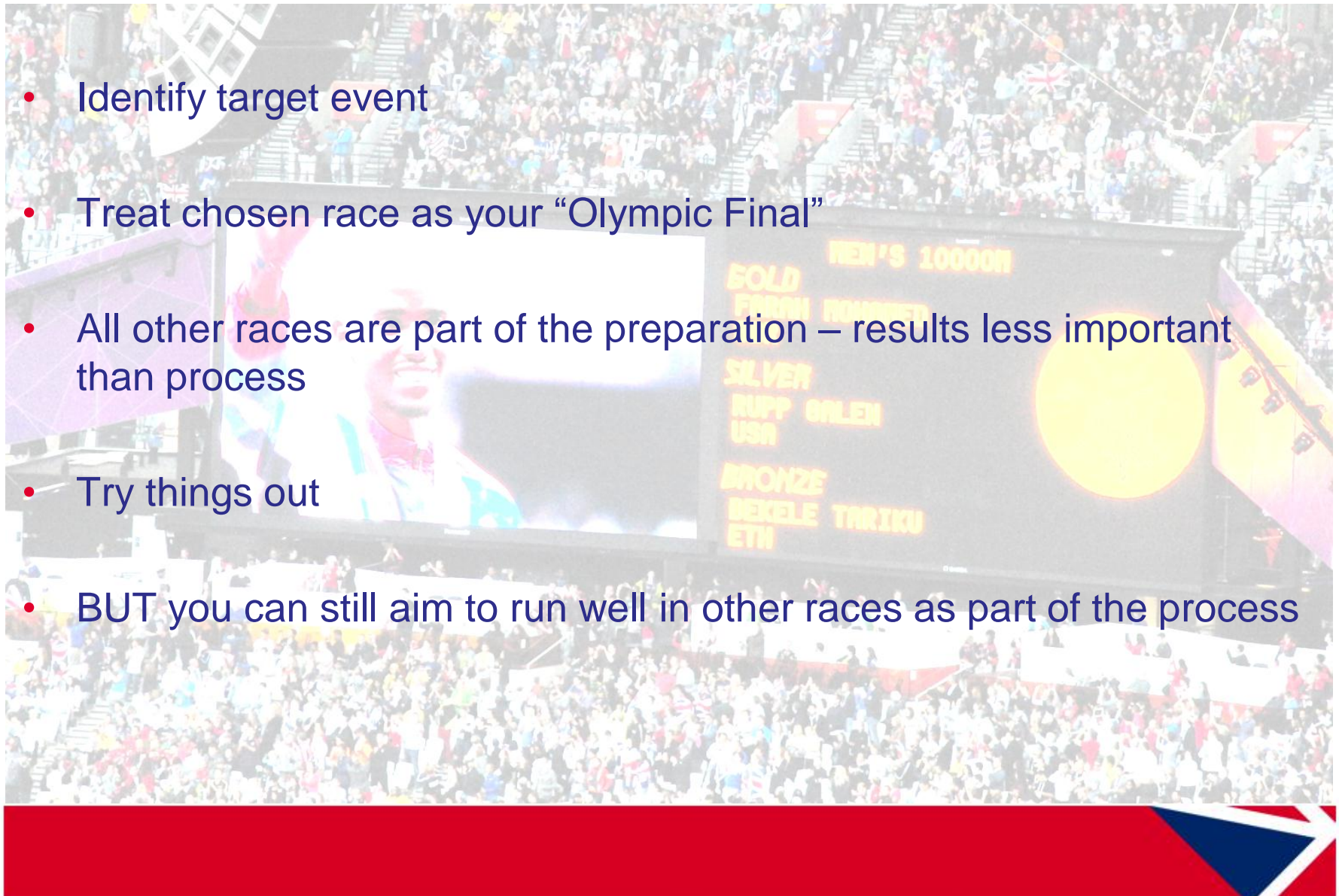


- Plan in reverse – decide where you want to be and how you are going to get there
- The plan is the guide not the master
- An hour of planning can be an improvement of minutes and seconds in a race.....
- YOU ARE IN CONTROL.....



The Peak Race

- Identify target event
- Treat chosen race as your “Olympic Final”
- All other races are part of the preparation – results less important than process
- Try things out
- BUT you can still aim to run well in other races as part of the process



Race Variables

- Surface
- Distance
- Terrain
- Weather conditions
 - Wind
 - Rain/snow
 - Temperature
- Preparation
- Tactics!



Training Variables

- Volume
- Intensity
- Frequency
- Group or Individual
- Focus



What to include in your plan?

- Base running
 - » Vary distance
 - » Vary pace
 - » Vary terrain
 - » Vary surface



What to include in your plan?



- Sessions
 - » Why?
 - » What are the objectives?
 - » What are you trying to achieve?
 - » Vary surface



What to include in your plan?

- Tempo Running
 - » Build work capacity for other work
 - » Develop ability to hold a sustained effort

» Choose good surface

» If you “die” it’s not a tempo!



What to include in your plan?

- Technical & Strength and Conditioning



- » Strengthen
- » More efficient
- » More resilient
- » Variation



What to include in your plan?



REST



- Work in groups of 6
- Produce your plan to take one athlete to a pb at the Markfield 10km, 14th April 2013
- Plan from today
- To include:
 - » Training
 - » Races (if any)
 - » Goals & Objectives
- Feedback with outline plan and explanation



Planning Schedule

Week Begin	27th Jan	3rd Feb	10th Feb	17th Feb	24th Feb	3rd Mar	10th Mar	17th Mar	24th Mar	31st Mar	7th Apr	14th Apr
Sun												Markfield 10km
Mon												
Tue												
Wed												
Thu												
Fri												
Sat												



- No “big efforts” in two weeks before the peak race
- Reduce volume in the week of the race, possibly two weeks out
- Develop ability to run quicker than race pace – “speed reserve”
- Become comfortable at race pace – build gradually
- Develop ability to run at a sustained pace for longer than race (not marathon)



- What have we learned?
- Is this different from how we have done things previously
- Would you always treat everyone the same?
- What are some of the variables around different people?



Some Thoughts

- Experiment
- Everyone is different
- If you never try something you'll never find out



- If you wait for improvement to just happen then it probably won't
- Remember new runners will always make progress and are “easy” to coach
 - » the more experienced they are the more difficult progress can be
- Use everything at your disposal
- If you never try and run faster in training then you will find it very difficult to in a race
- Distance Running is not all about getting the miles in – but it does help

